

THE
WIDDOWES

Treasure.

1037.e.1
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Plentifully furnished with sundry
precious and approued secrets in Phi-
sicke and Chirurgery, for the
health and pleasure of
Mankinde.

Heereunto are adioyned, sundry prit-
tic practises and conclusions of Coo-
kerie, *with many profitable and wholsome*
Medicines, for sundrie diseases in
Carrell.



AT LONDON,
Printed by I. Roberts for Edward
VWhite. 1595.



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¶ *To the Curteous*
Reader.



His Pamphlet being written
(not many yeeres past as it
should seeme) at the earnest
request and sute of a Gentle-
woman in the Countrey for
her priuate vse, which by these singuler prac-
tises hath obtained such fame, that her name
shalbe remembred for euer to the posteritie.
The originall Copie (by great chaunce) was
lent me by an especiall friend of mine, in the
perusing whereof I found it so furnished
with such rare experiments and prittie con-
ceites, as the like are not to my knowledge
extant in the English tongue. I thought it
my dutie for the health and pleasure of ma-
ny my freinds, to set them forth to the view
of the world, to be practised, especially of
those that take delight in such matter, or
hath any occasion through their defects to
vse them for their healthes sake. This I dare

To the Reader.

presume to reporte of the worke, that there are heerein included very many secrets, that I knowe by the Widdowes owne practise, to be most singuler & approued, and though perhappes they are not orderly set downe as many of better skill might haue done : I desire you to consider that this was of the collection of such a one as neuer once thought to haue made them common, but onely to his good friend M. R.

This caueat she also giueth by the way, to reade them aduisedly & practise with discretion, and as you finde comend : and so with all humilitie concluding, I dedicate vnto you this her Treasure and cheife Iewell, desiring you to be a defence aswell for her as for me, from all such as shall in your hearing scorne her, or me for disclosing such profitable experiments.

Farwell.

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The Widowes Treasure.

To make sirrop of Roses or Violets.



Take of Violets or Roses a pounce, steepe them in three pints of warme water, put it in an earthen pot with a narrow mouth the space of vij. houres or more, after straine it and warme the water againe, and put in it againe so many Roses or Violets, and likewise let them lye in steepe eight houres, and thus doe at the least five times, the oftner the better, in especiall the roses, and after take to euerye pinte, halfe a pound of Sugar, and steepe them together till the Sugar be molten, then seth the them together with a soft swete fier to the beith of a Sirrop: If you haue more Roses or Violets or fewer, let so much be the proportion of the water, according to the proportion before.

To make Diatrien Piperion the best.

Take white pepper, black pepper, & long Pepper, of each five drams, and eightene graines,

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graines, Time, Ginger, Annescedes, of each
a dram, beat the long Pepper, Annescedes,
ginger and Time into fine powder, bruse the
other two peppers as groce as may be: then
take suger clarified with Distop water, eigh-
teen. ʒ. seeth the Sugar, and take so much of
the water aboue saide as will coner it. To
know when it is enough, drop a drop on a
sancer, and if it will come from the sancer
without cleauing, it is enough. Then after
cooling, put in your powder and stir them al-
together, and after put all into a pot.

Virtutes huius confectiões sequuntur.

THis decoction is good to eate,
alwaies before and after meate.
For it will make digestion good,
and turne your meate to pure blood.
Besides all this it dooth excell,
all windines to expell.
And all groce humors colde and rawe,
that are in belly, stomacke or mawe.
It will dissolue without paine,
and keepe ill vapors from the braine.
Besides all this it will restore,
your memory though lost before.

Vse

Treasure.

Use it therefore when you please,
for therein resteth mighty eale.

To make Rosa-solis.

First take a quarte of the best Aqua vite
that you can get, and put it into a Glasse
or pot of earth, then put into it fine handfulls
of Rosa-solis cleane picked, and the roots and
dead leaues cleane clipped off, a quartern of
Suger beaten to powder, nine Dates open-
ed and the white skinne within pulled or
pluckt off, then shred the Dates in smal pe-
ces, and one ʒ ginger, di ʒ Putnegg, ʒ. An-
isades, ʒiij. Liquorice, beating al these last
rehearsed into fine powder, then put them al
together in the saide glasse or pot, letting the
stand very close stopped the space of three or
foure daies, then take them all and straine
the foresaid things into some cleane vessel as
hard as you may, so that you may haue as
much of the strength as is possible to haue of
it: then take and put the liquor into y^e glasse
or vessell that you meane to preserve it in,
and stop it very close that no strength passe
out of it.

Doctor Hachers powder against
the Stone.

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Take

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Take the roots of Ireos, Liquorice, Calamus aromaticus, the hayze of the Varts skinne burnt, of each ʒ i. the rootes of Enula campana, Fillependula, Ginger, long Pepper, Anniseeds, Fenell seed, Sarisfrage seed, Ana. ʒ ii. Sinamon, Maces, Ciperus, Spicknard, Saffron, Betony, Ana. ʒ i. Sugar ʒ i. sene of Alexandria ʒ iij. Khabarke, ʒ i. Of all these premises make a powder fine and smal, and take thereof the weight of viij. d. in the morning fasting with white wine, twice or thrice a weeke luke warme. It cleanseth the bladder, back, reines and kidneies from the Stone, it remedieth belly ache, and prouoketh a laxe,

Maister Stranges plaister against the Stone.

Take Plantain, Featherfew, garden fennel, and Honslick, of each a like quantitie, and stamp all these together & straine them, then take the iuice and put to it Bean flower as much as shall make it thick, and then take three or foure spoonefulls of Honie, and clarifie them in the fire: which done, put the iuice and the flower into the hony, and boile them on the fire together vntil they be stiffe
like

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like a plaister. When you will vse this medicine, you must take a double cloth that shall be a quarter of a yarde broad, and as long as wil goe round about you, and as hot as you can sove it round about you, and this must you weare two daies and a night or els two nights and a day befoze you take it off.

To prouoke sleepe.

Take a spoonefull of Womans milke, a spoonefull of Rosewater, a spoonefull of the iuice of Lettice, boyle them in a dishe, then take some fine Flax, and make your plaister as broad as you wil haue it lye on your forehead, and then moyst it with the same Liquor, and grate a little Nutmeg to strew ouer it, and lay it to your temples and it will prouoke sleepe.

A soueraigne medicine for the Collick.

Take a tosse of household bread of cleane Wheate, and euer as you toast it cast Salmesie on it, then take dyed Lauender flowers, and cast it on the Tosse, then lay it on a thin cloth, and as hot as you can suffer it lay it to your Pappell as close as you can.

To

The VViddowes

To make Aqua Composita.

Take a handfull of Rosemary, a good roote of *Enula campana*, a handfull of *Hissop*. di handfull of *Time*, di handfull of sage or crops of mints, as many of *Peniriell*, as many of *Marierum*, di. handfull of *Ho:chound*, two vnces of *Liquo:ice*, two vnces of *Annisades* brused: then take thre Gallons of good Ale, and put therein all these things aforesaid, and couer the pot close till it boyle, and then set on your Limbecke, and keepe vnder it but a soft easie fire. And if a man haue the Stone, these hearbs be good to put into the said water, viz. di. handfull of *Sarifrage*, one handfull of *Parcelv*, di. handfull of *Philependula*, and di handfull of *Fennell*.

For Cough and flewme in the
Stomacke.

Take a quarte of stale Ale, and a handfull of *Goosemeate* which is named *Hayrese*, and a quantitie of pared *Liquo:ice*, and a quantity of small raisins, and boyle altogether vnto a pinte, and drinke therof first and last.

For the Sciatica.

Take *Sauery* and mixe the iuice therof with *Wheate Flower*, and make a plaister

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ster thereof, and lay it where you feele the paine.

A soueraigne oynement for weaknes
in the back.

Take a handfull of Dasse rotes, and as much of Planten, Bursa pastozis, Centaunmodi, and the croppes of Acrons, Ana, a handfull of Bole Armoniack, and the powder of Harts hoine, then take a Buck Cony that is fatte, and boyle all these together in white wine and water, as much water as wine till the said Cony be consumed & flesh from the bones, and after take the cony and the other gære forth of the broth, and straine the broth into a clean vessell, and let it stand till it turne into a Jelly, and when you be in bed: cause the backe therewith to be anointed by a chaffindish of coles threë nights together, and laye thercon a linnen cloth warm, & softly lay it on, and in no wise chase your back.

For Flewme or stopping in the
stomack.

Take two handfulls of Hony suckle leanes and an ounce of anniseedes, and threë sticks of liquozice, boile al these together in a quart of water till they be boyled from a quart to a pinte,

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a pint, then drinke therof in the morning fasting.

For Strangury or Stone in the Reines of the back.

Take water of Camomill stilled, & drinke thereof when you seele paine, an ounce fasting untill the paine be alaide: and eate a little Sugar after, because the water is bitter.

To make oyle of Camomill.

Take Oyle a pinte and a halfe, and three ounces of Comomill flowers dyed one day after they be gathered in the shadow, then put the oyle and the flowers in a glasse and stop the mouth close, and set it into the Sun by the space of forty dayes.

To make oyle of Roses.

Take Oyle washed eightene ounces, the buds of Roses the white endes of them cut away, three ounces, lay the roses abroad in the shadow foure and twenty houres, then put them in a glasse to the oyle, and stop the glasse close: and set it in the Sunne at least forty dayes.

The maner how to wash the oyle.

Take and put it into a bason of faire water, and beate it well with your hand that the

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the Drosse may fall downe, then take of that parte which remaineth aboue on the water with a spoone, and put the same Dyle into an other bason of faire water, and washe it as you did befoze, and so purifie it thre or foure times.

To make the Oyntment of Roses.

Take oyle of Roses foure ounces, white ware one ounce, melte them together ouer seething water, then chafe them together with Rose water and a little white vineger.

To make a Tyland.

Take Bozage, Langdeboefe, Sozrell, Cnise, Cinquesoyle, two or thre handfulls of barley well picked, and both the endes taken off, then take halfe a handfull of red fennell Rootes, and a quantitie of Liquorice, Sugar, candie, Figges, Dates, great Raisins, boyle all togeather from a gallon to thre pintes.

For the Strangury.

Take a pound of Guiacum, otherwise called Lignum vite, and let it be beaten to ponder as the Apothecarie informeth you, then put the substance thereof in a pot with thre quartes of pure water, and close the mouth

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month of the pot surely, that in no wise the
aire therof goe out, then make but a soft fire
vnder the pot, that it doth not sceth or boile,
and to remaine so hot but not boyling, the
space of 24. houres, & at the end of 24. boores
open the head of the pot, and take the whole
substance and liquoꝝ, and put it in a stillito-
ry, and put thereto a pottle of White wine,
and when you haue stilled the same, drinke
thereof euery Morning fasting, or any time
when you feele paine, and if you will haue
but halfe a pound of Cuiacum, then accoꝝ-
ding to the propoꝝtion of that quantity, vse
the ingredience as is aboue wꝛitten: and be-
cause many can not come by white wine, if
you haue a pound of Cuiacum, after yꝛ rate
put to the pound a gallon of cleare water to
be oꝛdered the space of 23. houres as is afore
said: then straine it through a cloth: and
drinke of it at your pleasure, but the vertue
therof wil not last past thꝛee or foure daies.

A Clister for the Strangury.

Take Cammomil Flowers and Bellons
of eache one handfull, seethe them in a
quarte of water to a pinte, then straine the
liquoꝝ and put thereto thꝛee ounces of oyle
of

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of Camomill, and the waight of two grotes
oz lesse of salt, and so prepare the Clister.

For the swelling of the Ycarde or
Coddess.

Take Cgrimony of the water therof stillo-
led, and put thereto a quantitie of Allome
and set them over the fier till they almost
boyle: then with a rag of Linnen cloth an-
noint the yeard vnder the skin with the wa-
ter well and warm: and it wil abate y paine
of the Parde and of the Cods also if they be
washed with the same. Also to incarnate the
skin of the Parde within, take the water of
fumitary, and lay Lignozice pared therein
one night, and put of y same water into the
Peard with a sponge, oz els with a tent of
linnen cloth.

Doctor Barties medicine for aches
with swelling.

Take flowers of Camomil & Rose leaues,
sethe them in white wine, making a pla-
ster therof, lay it to y place where any pain,
ache oz swelling is.

To make one pisse.

Take the poudre of the berries of Zuye,
and drinke it with White wine, oz els
with stale Ale hotte.

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The worthy Doctoꝝ and excellent practi-
tioner Rasis wyrteth, that whosoener of-
tentimes snuffeth vp into his nostrils the
iuce of great Margerum shall neuer be dis-
eased in the head.

A singuler remedy for all diseases in the
head of what cause soeuer.

Take a handfull of Camomill, a handfull
of Betony, a handfull of Wernaine leaues
cleane picked, stamp them and seeth them in
Ale wort, and when it hath sod, put therunto
a little Commin seed finely beaten, with a
little pouder of Harts hoꝛne, thre sponfulls
of vineger, the yolkes of two Eggs and a lit-
tle Saffron, stir them about, and lay a play-
ster hot ouer all his forehead. It is an approu-
ued medicine foꝝ the Pegrin.

Chestwoꝛms that are found betwē the
barke of Trees, which will be round like a
Bease, sodden in oyle, it maketh a singuler
ointment foꝝ the Pegrin, and the same oyle
dropped into the eares, swageth the paine.

An approued remedy for the
Toothache.

The rotes of Benbane sodden in Vineger
and rose water, put the decoction in your
mouth.

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A worthy purgation to auoide
Choller.

Take half an ounce of Cassia newly dyaton,
a dragma of good Rubarb, infused a night
with water of Endise, with a little Spicke-
nard, and an ounce of sirrop of violets, mixe
all the saide thinges with three ounces of
Pisane or Whay, and drinke it warme.

Against the vnkindi, heate of the
Liuer.

Take a good handfull of Liuer-wort that
groweth vpon the stones, and an other of
sumitoy, with as much of Harts tong, and
seeth them in whay clarified, and drinke them
euery daie twice. Also seeth Barberies in
whay and drinke it.

The liuer of a Hare dyed and made in
ponder, is approued for all diseases of the
Liuer.

Mythridates medicine against
corrupt aires.

Twenty leaues of Kewe, two fat Figs,
two walnuts, and a little salte: whosoever
eateth of this composition, shall be sure from
all kinde of venim that day.

13.

To

The VVidowes
To increase Milke in Womens
Brestes.

Parsnep rootes and Fennell rootes sodden in broth of Chickens, and afterwarde eaten with a little fresh butter: maketh your milke increase.

Rice sodden in Cowe-milke with crums of white bread. Fennell seede in powder and a little Sugar is exceeding good.

Chyiskall made in fine powder, and mixed with as much Fennell seede and Sugar, and vse to drinke it warme with a litle wine.

An excellent Sope for Scabbes and Itche.

Take white Sope halfe a di. and steepe it in sufficient Rose water, till it be well soaked, then take two Drams of Mercury sublimed, dissolve it in a little Rose water, labour the Sope and the Rose water well together, and afterward put in it a litle Muske or Cinet and keepe it. This is singular to cure a great Scab or Itche without perrill.

An approued medicine to driue away Lyce.

Take

Treasure.

Take the dregs of Dyle oz fresh swines greace a sufficient quantitie, wherein you shall chase an ounce of quicksilver, till it be sunck into the greace, then take poudre of Staues-acre serced and mingle all together, make a girdle of a wollen lyst, meete for the middle of the patient, and all to annointe it over with the saide medicine, then let him weare it continually next his skinne, for it is a singuler remedie to chase them away. The onely odour of Quick-silver killeth Lye.

For to stop the Flix.

Take Sene crops and stamp it, and drinke it with stale ale, and it will amend by Gods helpe.

For the bloody Flix.

Take an Apple and roste it, and put therin as much ware as a beane, and let the patient eate it, and by Gods help it will amend.

For any bruse.

Take an Dre Gall and Onyons, and frie them with Sheepes Tallowe, and it will helpe presently.

An ointment for the back.

Take foure ounces of Unguentum Frigidum Galeni, an ounce of the ioyce of
B 2 Houslike,

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Houſleke, two dragmes of Mirtle, and as much of Lead burned, one dragme of Camphire, halfe a dragm of red Roſe leanes, as much red currall, and according to art make all theſe an ointment in a moyſter of Lead.

For an Ague.

Take a handfull of Hartes hozne that groweth in the ſeelde, and a handfull of baye ſalte, and lay it to your wiſtes.

For the Tooth-ache.

Take Betonye, Sage, and Allome, ſetbe them in Wineger, and let it lye in your Tooth.

To keepe Veniſon freſh a long
time.

Preſſe out the blood cleare, and put it into an earthen pot, and fill it with clarified Honye two fingers aboue the fleſhe, and binde a leather cloſe about the mouth that no ayre enter.

To keep it from rotting after it is
new ſlaine.

Couer it cloſe from the Sunne or Ayre with ſearne, and lay it in a cold place, then waſh it cleane, and let it lye in Water halfe
a day,

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a day, and then lay it on the floure to drie;
then let the water and Salt together, and
let it coole till it be leuke warme, and then
wash the Wenison therein, and let it lye in
that pipain thre daies and thre nights, then
take it out and powder it with drie salt, and
barrell it and stop it fast.

To keep Peares.

Put them in a vessel that they touch not
each other, and make a bed of Peares, and
an other of fine white Salte, and couer them
close.

To kill lyce.

Take a fier and put quicksilver therein,
and hang the clothes over it in the smoake,
and no vermin will come in them.

Against drunkennes.

Drinke the iuice of Parowe fasting, or
els the Harrow of Bozke fasting.

To make Linnen cloth or Yarne
white.

Take a Herring barrill, and fill it full
of Ale dregges, and stoppe it fast, but firste
you must haue a good dishe full of parched
Beanes, and put them in a Linnen bagge,

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and being hotte, put them to the bzeas till they cole, and shutte it fast the space of one quarter of an hower, then take a pound of allome ground to powder, and cast it therin, and let it lye so foure daies well closed, then wash it.

To remedy the feete that are sore with
Trauailing.

Take Plantaine and stampe it well, and annoynt your feete with the iuice therof, and the griece will swage.

A notable experiment against the Phitiske
of the Lungen.

Take of the Wimpernell brought into be-
ry fine powder two ounces, of new Wimper-
nell water, and of suger as much as shall
suffice, making thereof an Electuarie, of
which take dayly two dragmes.

Wasslie with crums of Bread applyed in
the steele of a plaister, doth heale the Shing-
les, but the decoction of the same drunk doth
bryake the Stone. Florenti.

Wintes put into milke, it neyther suffe-
reth the same to curde, nor to become thicke,
insomuch that layed in curded milke, this
would

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would bring the same thinne againe, so that
by the same vertue and propertie he saith to
resist and abate the generation as well in
man as woman. Floren.

A good drink for the Pestilence.

Take a Lilly roote and wash it cleane and
boyle it in White wine till the one halfe be
wasted, and then giue it the sicke to drinke,
and he shall bzeake out full of bladders as if
hee were burnt or scalded, which of them
selues will dye and waie whole. Pastor.

Chestnuts eaten with honnie fasting doo
helpe a man of the Cough.

To make a perfect black Inke to write or
limme withall.

Take one pound of Galles, one pound of
Gum Arabick, of Vitriall an ounce, bruse
your Galles and Vitriall, and put them in
to a vessell fit for your purpose, fill it with
white wine, that all your stuffe may be co-
uered aboue a hand bredth: then set it in the
Sun and stir it dayly.

A very good Greene.

Take the iuice of Kewe, Werdigrece, and
Saffron, braye them, and when you will
use

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use it, mingle it with Gumme water.

An other Greene.

Take greene Bayes, steepe it alone in bi-
reger, then straine it thzough a linnen cloth,
and grinde it with a little Honie and Gum
water.

An Emeralde Greene.

Take Herdigrece, Litarge, Quicksilver
brayed to powder, and ground with the pisse
of a young childe.

For to make a colour like Golde.

Take an ounce of Oypiment, one ounce of
fine Chzistall, braye them seuerallie, and
mingle with them the white of an Egge.

Take Saffron dyed, beaten into pow-
der, and put to it as much glittering Opi-
ment that is scaly and not earthie, then with
the gall of an Hare oz a Wyke, braye them
together, put them in some violl vnder a
dunghill five daies, then take it out and keep
it, for it is the colour of Golde.

A notable receite to make Ipocras.

Take of Ginger two dragmes, of Sina-
mon ʒ. of Cloves, Nutmegs and Calanga,
of

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of each a quarter of an ounce, stampe them, and put them in a bagge or strainer. Then take a pinte of the best red or white wine that you can get, or a pinte of good Rhalme, sie, and mixe them altogether, then take a pound of Sugar fined, and hauing stamped it, put it into the other Wine, and so poure it vpon the strainer wherein you did put the saide Wine with spices, then hauing taken it out, you must poure it on againe, so often untill it become as cleere as it was before, stryng it sometime in the Strainer or bag, with this speciall note, that that is but to make a flaggon full: therefore as you will haue it in quantitie, take the more store of the saide thinges: you may binde a little Muske in a faire linnen cloth at the end of a Strainer, so that all the substance may run ouer it, so that it shall haue the odour of Muske.

A proper deuice to make lights of an
excellent fauour.

Take two ounces of white Encence, of
Camphire one ounce, beate it in powder, and
make thereof little round pellets adding
therevnto some white Ware, then put
them

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them in a platter full of swete Water, and
fire the pellets with a Candle, and you shall
haue an excellent light and swæte saour.

To destroy Lyce.

Take Frankensence beaten to powder,
and a quantitie of Bozes Greace, and boyle
them together in an earthen pan, and here
with annoynt the places where the Lice are.

To make red Inke.

Take two ounces of Basill, and a pinte of
water, and put the Basill into it, and let
it remaine there sixe or seauen houres, then
seeth it untill the thirde parte be deminished,
and it is a perfect red.

Whether the wine be mingled with
water or no.

Take ripe Mulberies and put them into
your Wine, if they swimme the wine is
pure: but if they sinke there is water ming-
led. Also a Pearre cleane pared causeth the
same effect.

To heale lips that are chapt with winde,
or colde.

Resowar, Pasticke, and Frankensence,
with oyle of Roses, all this made in an oint-
ment,

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ment, and therewith annoint the chaps and they will heale presently.

For kybed heeles.

Take Gum Dragant and Galbanum, of each a like, and make thereof a pouder, then take Ore tallowe, and a little Oyle of Violets, and melte them on the fire, and therein put the said pouders, and make heereof an oyntment, and heerewith dresse your heeles.

For scabbes in Children.

Oyle of Roses, the weight of five pence in common salt, and a little fresh Butter stirred altogether, untill it become an ointment, healeth them.

To destroy Crablice.

Ashes laid in oyle, or take of Aloes, Olibanum, and Ceruse, of each foure ounces, beating them all into pouder, and mingled with Oyle of Roses, or fresh barrowes greace.

An order to make Wormewood water of the best sort, as followeth.

Take five gallons of olde and strong ale, and take a boyder full of Wormewood cleane picked and washed, the Water well wrong out of it, or shaken, halfe an ounce of large Peare, halfe an ounce of Sinamon, two ounces

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ounces of Nutmegs, a quarter of a pound of Anniseedes, and as much Liquorice, and bruse all those spices together, but not too small, and cut the wormwood betwixt your handes, and then sette all these together in the pot, and styll them as you still Aqua vitæ together, and so you shall haue 2. quarts of the best, besides the smaller or weaker.

To make a good Posset Curde.

First take the Milke and see the it on the fire, and before it see the, put in your Egges according to the quantity of your Milke, but see that your egges be tempered with some of your milke that standeth on the fire, and you must stir it still untill it see the, and beginneth to rise, then take it from the fire, and haue your drinke readie on a chafingdish of coales, and put your milke into the bason as it standeth, and couer it, and let it stand a while, then take it vp, and cast on Ginger and sinamon.

A medicine for the mother.

Take Sep royall, and stampe it, then take two spoonefulls of the sayde iuyce, and a spoonfull of sallet oyle, and let it see the a way
two

Treasure.

two partes, then vnto that remaineth but the quantity of the oyle onely, and annoint the place where the mother riseth.

To make sirrop of Roses or Violets,

First haue a glasse with faire water, and make it warme in a pot of seething water, and when your water in the Glasse is warm, then put to it Rose leaues and let it stand till it be colde, then wring out your roses, and make the foresaid water warme againe as befoze, and then put in other Roses, and so doe nine daies: and then put in Ginger, and seethe it vntill it be sirrop.

To take away the Cough or Stitch.

Take a pinte or a quarte of Malmesie one handfull of Anniseede, one handfull of vnset Hysop, one Lycopice Sticke brused, halfe a dish of swete butter, seethe all these thinges together till they be thicke, and after spread it vpon a tosse of wheat bread, and lay them within a linnen Cloth as warme as you maye suffer it to your Stomacke. But if you will take this for a Stitche, leaue out the Butter.

The

The VVidowes

The Head annointed with the iulce of
Leeches, p̄serueth the haire from falling.

To make Ielly.

For a pottle of Jellie, take of Sinamon a
quarter of a pound, of Ginger two ounces
and di. of Graines two penyworth, of long
pepper two penyworth, Cloves halfe an
ounce of suger two pounds, di. of Turne
soles two ounces and di. and ten Nutmegs,
looke that the Spice be good and well made
cleane, then take sixe calues fete, or an olde
Cocke and thzee quartes of Claret Wine,
and a pinte of water, and let them boyle so
long togeather untill you may see the sodd
quoz clammysh betweene your fingers, then
take it from the fier and straine it thzough a
strainer, and so let it stand till it be cold, that
the filth may discend to the bottome, and
when you will finnishe your Jellie, take the
best of the said liquour and put into an other
pot with the p̄potion of spices, and boyle
them together by the space of halfe an houre
and in the meane time make cleane your
Turnesole and dust it well, then take a Lad
dle full of the said liquoz and put your Turn
sole in it, and when it is a little well soaked,
then

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then wyng out so oft as it shall be needefull, untill your Jellye be faire coloured. When take the whites of eight Eggs, and beat them together a good while and skim of the froth, and a little before you shall thinke it time to draw your Jellie, put the saide whites into the Jellie with three spoonfulls of Vineger, and forthwith drawe your Jellie through a wollen bag, and put in a branch of rosemary in the end of it, and so dish it.

How to dresse Orenge.

Take Orenge and shauē the with a knife and quarter them like an Apple, and take out all the meate out of them, and lay them in water, and chiste them twice a daye: when you thinke they be enough, take them out, then set on faire water on the fire, then put your Orenge in and perboyle them, then take them out and set their mouthes downwardes in a flasket that the water may run out, then set on faire water ouer the fier to perboyle them againe, and if they be not well perboyled, boyle them againe till you may pinch them through, then take them out and put them in a faire cloth, and laye them in a flasket that it may draine out

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out of them, then take a gallon of running water and put them into it, and at euerie foure Dzeniges you must put in a pound of Sugar, and when you haue doone so, set it on the fire, but befoze you set it on the fire, take an egge and bzeake it and take out the white of it and laye it in water, take your hand & beate it in the water and set it on the fier and let it burne cleare vnder it, and looke that no smoake arise, and when it dooth seeth skimme off the toppe of it very cleane, then take it off the fier, and with a strainer strain it into another pot, then put in your Dzeniges, then make the fier good and temperate, so that it seeth not too fast, then you must take a spoone and skimme off the some, so that you touch not the Dzeniges, and as y sirrop doth seethe, so with a spoone turne them, and all wates laye the sirroppe vpon the Dzeniges. When they haue sod halfe an houre take them out and let your sirrop seeth a good space, then take some of the sirrop and coole it, and if you see it any thing stiffe, then put the Dzeniges into it againe.

To preserue Damsons.

Take a glasse that hath a wyde mouth, and strew some suger in the bottome, then lay

Treasure.

lay a rowe of Damsons and a rowe of Sugar, thus do till your glasse be almost full, then put to it Rosewater and a few Clones and a little Sinamon, then stop your glasse with paste, then haue a pot with hot water ready on the fire, and put some haye in the bottome of the Pot so; sauing the Glasse from breaking, and let not your pot boyle too fast, the take vp the glasse and looke whether your sugar be consumed, and in the meane space make ready your sirrope, then when it is colde, put in your Damsons. The sirrope must be made of Sugar, and wine Rosewater and whole sinamon, or half faire water deuided that the glasse must boyle till the Sugar be consumed.

To make drye Peares.

Take faire water and Rosewater according to the quantitie of your peares, then take Hony as much as you shall think good, and put in your Peares, then let them seeth very softly, that they breake not, then take them out and put the in a Collander and let them drain, then whē you draw your bread put the into the Duen in some earthen pan, and if they be not drye at the first, put the in againe until they be dry, then barrell them.

C

For

The VVidowes

For the shaking of the hand,

Wash your handes in the water that is in a Lauoz, and put therein some Sage, let your hands dye of themselves without wiping.

To stay the bloody Fluxe.

Take and cut out a peece of a peece of beefe of a newe killed Ore about the Bisket, and eate it raw, and this he!peth it.

To restore the blood againe,

Take halfe a pinte of Muscadell, and a penimooztb of sallet Dyle, and put them together and drinke it in the moyninge, and walke an houre after.

For the running of the Raines.

Take pellitorie of the wall a good handfull, wilde Tyme and Parslie, boyle them in a quart of strong Ale, untill it come to a pinte, and drinke thereof morning and evening, nine or ten dayes, halfe a pinte at a time, and warme it.

For the Ague.

Take a handfull of Smalledge & a handfull of Baye salte, and a handfull of white Frankensence, and sixe Plantaine leapes, beat al these finely in a Morter, then denide them

Treasure.

them into foure partes, and lay two partes to your breaſts, and the other two parts to the bough of your armes. An houre beſore your ſit come, you muſt haue a pynte of Ale ſed the one halfe, and when it riſeth ſkim it, then put in a white bread cruſte, and let it ſeth with the Ale, and when your Ague be-
ginneth to come, drinke it, and eat the cruſt of bread.

A drinke for the ague.

Take Bay leaues and Sage leaues, and ſeth them in white wine, after ſtrayne the wine from the leaues, then take Baye berries and bruſe them ſomewhat groſely, and put them in the wine, and a little beſore your ſit cometh drinke it.

A medicine for the worms in a childs belly, or any other.

Take a pound of May Butter, and cla-
rifie it in the Sunne, then take two pounds of Wormewood ſtamped, and then weigh it after it be ſtamped, the wormewood muſt bee gathered greene, then mingle them togeather with your handes after they be put togeather, and ſet them in the Sunne nine dayes in a potte or Glaſſe, and

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let it boyle an houre and a halfe, then straine it, so put it vp in a Galley pot or in a double Glasse, and alwaies at the full of the mone annoint the bellye of the partie against the fire, at no time els, and the medicine made in May.

A medicine for to get the Beetelwigges out of a mans eare.

Take Hearbgrace, stampe it and straine it with Aqua Composita, and put the iuice into the eare that is pained, after lie downe on that side, and binde a cloth fast about the head and it will come out.

For a legge that is swolne with a fall.

Take Hemlocks, and heat them hotte betweene Tyles and lay them to it, and it will assuage the paine.

For a wenne when it beginneth.

Take an olde lable and hold it against the fire untill it doth frye, and annoynt the Wenne with that that fryeth out of the lable three or foure times in a day, and it will helpe it.

For the Collick.

Take a quarte of white Wine and make a Posset, then take the Posset drinke and put

Treasure.

put therein a handfull of Mother of Tynde
and a handfull of yong Parslye, and seeth it
in the Posset drinke, and take halfe a peny-
worth of long Pepper, and put in the Pos-
set, and geue it to the patient to drinke.

For the canker in the mouth or throate, or to
wash your teeth that be hollow
and stinkerh.

Take a quantity of red sage, and ry. crops
of Rosemary and Hony suckles, and wilde
Daylies, and Sunkfoyle, boyle them all in
a pinte of faire water til it be sodden to the
halfe pinte, and then take a little Roch Al-
lome and burne it to powder, and then take
halfe a spoonefull of Hony, then put them in
to a faire cloth and straine it, and when it is
colde put it into litle glasses.

For the Gout.

Take Camomill, Balme, Hollybocke,
Lettice, Pallowes, Crounsell, Chick-
wade, of eache a handfull, boyle them in
faire water till it be tender, then take a
quantitie of great Dtemeale and beat it
small, then put it into those Braches that
you haue boy'd, with two spoonefulls of
Capons

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Capons greace, and then boile them all together, vntill it bee so thicke that it may be spread vpon a Cloth, and as you see it stir it that it burne not too, then being sod, spread it on a cloth, that it may be laide to the grained place as hot as may be, and it shall help in twise dressing.

If you haue any paine in the soale of your foote, take halfe a dosen of the leaues of ground Iuie, and pricke them, and wrap them to the soale of your foote, and so continue vntill you find ease.

To preserue Quinces.

First pare your Quinces and core them, then take to euery pound of Quinces a pint of Rose-water and a pound of Sugar, then take the Rose-water and Sugar, boile them together with some of the cores of the Quinces, then clarifie the liquor with whites of Egges, and sette it ouer the fire againe, and when it seetheth put in the Quinces, and cast in a sticke or two of Sinamon, & if they cast not colour quickly, couer them, and let it seethe vntill you may put a rush through them, then let it stand vntill it be colde, and so set it vp.

A Borage

Treasure.

A Porage Tart or Spinage.

Parboyle your Spinage, then stampe it, and straine it with halfe a dosen yolkes of Egges, season it as your Cream Tart.

A medicine for the plague.

When you suspecte your selfe to bee infected, goe to bed, and cause a pint of Galmie to be put in a pot, and halfe a penyworth of Graines beaten small to put in the same pot, boile them together, and drinke therof as hotte as you can, and sweat.

Against the Fellon and Vncomes.

Take an ounce of Sage, of Kewe the weight of the Sage in Senegrecne, washe these together, and shake out the water, dyle them with a cleane cloth, and choppe them very small, then take solwer Leuen the bignes of a Tennis bal, black Hope a spoonfull, two spoonefulls of Tarre. stampe it in a wooden dish with a pestell of Wood, lay the same morning and evening vnto it an inche thicke.

Sirrope of Fumitory openeth and taketh away all obstructions of the Liver and stomack, & fortifieth all the members, it cureth al sores about y^e inward parts, y^e come of salt
and

The VVidowes

and burnt water, as Scabbies, Leper, and
French poxe.

Sirrop of Rosa Solis good for sowning or
any other diseases in the
Stomack.

Take a quarte of the best Aqua Compo-
sita, Aqua vite a quarte, a quantitie of the
Roses of Solis cleane picked, and some-
what dꝛyed in the Sunne, put all these in a
glasse, set it in the Sun foure or fve daies,
then take di. 3. of case Ginger, di. 3. of But-
megges, di. 3. of Cloues, white Pepper, of
Graines, Anniseedes, Coliander seede, Ana
a quarter of an ounce of Sene, a stick of Lico-
rice, foure coꝛnes of long pepper, di. 3. of fma-
mon, then put al these spices being wel cho-
sen, finely tryed, somewhat bꝛused into the
pot, then take a pꝛarter of a pound of red
Currans di. a quarter of a pound of dates, a
quarter of a pound of Raisons of the sunne,
eight Figs of Algary, viij graines of musk,
as much of Ambergrice, white and red Coꝛ-
rall. Ana, of pearles 3. all these infused toge-
ther in the said liquoꝛ, and set in the Sunne
fifty daies, and closely covered that no aire
may come vnto it.

Aqua

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Aqua Rosa Solis.

Take a pinte of Aqua vitæ, a Gallon of the flowers of Rosa Solis well picked, a peece of Angell Golde, of Rosemary flowers o; the hearb it self, and a quantity of fine Sugar, still them in a Syllatory and keepe the water close, and occapy it by a spoonfull at once.

To make fine Cakes.

Take a quantity of fine wheate flower, and put it in an earthen pot, stop it close and set it in an Oven, and bake it as long as you would a Pastie of Menison, and when it is baked it will be full of clods, then scarce you flower through a fine sercer, then take clouted Creame o; sweet butter, but cream is best: then take sugar, cloves, Mace, saffron and yolks of eggs, so much as wil seeme to season your flower, then put these things into the Creame, temper all together, then put thereto your flower, so make your cakes, the paste will be very short, therefore make them very little, lay paper vnder them.

To make an excellent Pomander.

Take of Storax Calamita ʒ. ss. of Benie-
min two ounces, of Labdanum ʒ. ss. of
Cloves,

The VVidowes

Cloues, white Saunders, of eache three
dragmes, Sargerum two dragmes: mingle
with these powders Husk and Ambergrise
of each a scruple: make your ball with the
infusion of Rose water and Cluet in a moy-
ter somewhat warme.

A precious oynment for all ma-
ner of Aches.

Take a pound waight of Sage, as much
of Kew, halfe a pound of Wormewood, and
as much of Crops of Bayes, and beat them
very small in a mortar, then take two pound
and a halfe of sheepes Tallow, and temper
it with the Herbes that be beaten and
beate them againe together nowe, and then
put them in a pan, and set them on the hot
Embers, and put thereto a pottle of Oyle
of Olife, and let it stand vpon the hot Em-
bers two houres and a halfe at the least
then straine it through a course cloath and
put it in an earthen pot, and so occupie it.
This would be made in May or in June.

For the canker in the mouth.

Take white Vineger a quantitie, with
as much Honnie, and then set them on the
fire to boyle with a little Allom: and wash
your

Treasure.

your mouth therewith, as oft as shall neede.

Take the iuice of Plantaine and Ginger, and water of Roses, and washe your mouth.

Take the iuice of Woodbin, and the iuice of Solsequi, that is Marigoldes, and hony, and powder of Cannell, and powder of Copposis, and the powder of wilde Sage, burnt and medled all together, and laye it thereon where the Canker is, and it shall drye it. But to slay the Canker, take a Red Onion and lay it thereon.

Carduus eaten or drunke in powder prouoketh sweat.

A Mouce roasted and given to Chilozen to eat, remedieth pissing the bed.

A precious drinke for the Pestilence,
approved.

Take Fetherfew, Battelon, Hogworste, Solsequi, Scabions and Hallowes, wash them and stampe them: and temper them with ale: and give the sicke to drinke five sponesfulls at once, if he haue it betimes, it will destroy the corruption, and saue the sick patient.

A singuler

The VVidowes

A singuler medicine to resist the pestilence.

Take powder of Saffron tenn graines, Wallnuts twenty graines, Figs two, and five sage leaues stamped together with ʒ. i. of Pimpernell water and iij graines of Spithivatun, keepe this in a close glasse, and eate therof in the morning twelve graines, and this will defend the receiuer from the Pestilence.

The great garden Dock drunk in wine, purgeth flegme, cholour, and water downwards.

The vertue of Motherworre.

It groweth by the high waies and stonie walles, bushing with many stalks, leaved like a nettle, but more ragged: and towards the bottome like Crow foote. It is of wonderfull force against any sickness of the hart, whereof the cheefe name is derined, it helpeth Crampes and Palsies, it killeth wormes in the bodie, it clenseth the brest from flegme, it dooth open colde obstructions, it prouoketh Urine, moueth Womens flowres the iuice drunk, or the hearbe in decoction, and a sponesfull of the powder of this hearbe giuen in Wine, helpeth the hart

Treasure.

hard labours of Women.

An excellent medicine against Impostumes
Plurisie, Coughes, and all diseases
in the brest.

Take a handfull of Scabions the hearbe
dyed, of Liquorice cut small an ounce,
twelve figs. Fennel seede an ounce, Amiseed
as much, Carius halfe an ounce, lay these in
water or white wine a night, the next daye
boyle them till it be consumed to the third
part, then sweeten it with suger.

A medicine for the Collick.

Take Dates and byen them in a pan as ye
doo parched peason, and as hotte as you
may suffer it lay them to the navel in a lin-
nen cloth.

For the same.

Take a faire flat stone and make it red in
the fire, and then take it out, and let it
cole til the rednes be passed, and then take a
halfe penyworth of saffron, and lay it vpon
the stone and turn it thither and hether, un-
til it be turned almost to powder, and take a
sponeful of Malmeie, and put the Saffron
therunto and so drink, it wil soon passe away

A

The VVidowes

A present remedie against the
Plague.

Take a great red Onion, and make a hole
in the midst, and put a spoonfull of tria-
cle, roste him in the fire: take a spoonfull of
Wineger, a spoonfull of Aqua composita:
buse them all together, straine the throug
a cloath, and giue it to Dzinke.

For the Cough.

Take three figges and rost them, and put
them in a cup of Beere, and a little Liquo-
rice and Anniseedes beaten: then let it stand
by the fire till it be warme, then take out
the figges and eate them then Dzinke by the
Dzinke, and goe to bed warme, and in foure
nights it breaketh the Cough.

To delay heate.

Take of Wineger one part, fine Sugar three
parts, running water foure parts, boyle
them all together to the one halfe and more,
and when you shall occupie it, take a spoon-
full and a halfe of the saide syrope, and
eight or nine spoonfulls of Barley water,
Dzinke it.

To breake Flegme.

Take a quart of Puskebel, a pinte of Bl
soppe water, three good Races of cases
Cine

Treasure.

Ginger, and as much of Liquorice cleane pared, then take two peniworth of Sugar candied, brused, put all these in a glasse, shake them together: cover your glasse foure and twenty howres, drinke therof morning and evening.

A preparatiue before you purge
the Stomacke.

Take bene three vnces, of Polipody three ounces, of Annisædes three ounces, seeth all these in a quart of water to a pinte, and straine them through a faire cloath, put in Sugar to make them pleasant.

To purge the Stomacke.

Take a handfull of Mercury, as much of young Gallowes, an ounce of bene, three spoonefuls of Annisædes, put them in a pinte of white Wine, and as much Ale all night, the next day seeth them together till halfe be consumed, then drinke therof a good draught in the morning, and sleepe vpon it.

An excellent purger from all parts
of the bodie.

Take an ounce or two of perfecte Turpentine of the cheefest, bruse it and
dissolue

The VVidowes

dissolue it in a Morter with a Pestell, with halfe the yolke of an egge, put thereto three unces of smalledge water, beate them together til it be like milk, and sup it vp, but first wash your Turpentine in Fenel water.

To make the haire of the bearde to grow.

Take Cane sowes, Bziony roots, Bastes, Radish, Flower de Luce, Onions, of each a like the quantity of foure unces, sixe fatte Figs brused and stamped very small, Maiden haire, Sothernwood, Dill, of each a handfull seethe all these in good Wine, the wyng out the liquor and straine it through a strainer, then put to it fresh butter neuer salted, pure Honie two unces, Oyle of Almonds swete and sower, Oyle of Sesania one vnce, Drimell squillick, halfe an vnce, the powder of Beale, Sigella, Fenegreake well sifted and throughtie boulded in a Boulder, one handfull of Grasse Labeanum an vnce, set these vpon the fire and stirre them well till it be thicke. This Linament being applyed to the Chin and Cheekes, wil become haire: the body first purged from al filth inwardly. proued by experience.

Oyle

Treasure.

Marmalade of Quinces.

Take your Quinces and coare them, and pare them: then put to them so much water as shall suffice to boyle them so tender that they may be drained; when they be sodden, put out as much of the Liquor as you leaue when that you haue sufficient to draine it, and let it stand vntill the next day morning, then measure with a pound dish how many pounds of substance you haue: then take to euery eight pound of Quinces five pounde of Sugar: then put it to the liquor that you kept before that your Quinces were first sodden in and then sette it on the fire and let it seethe a while: and Clarifie it with whyte of Egges then draine the saide liquor, and put it to the substance of the Quinces afoze saide: and so set it on the fire, and let it boyle vntill it haue a faire colour, that it may cut at the sides of a dish then put it into boies. If you will put in any Muske, take Rose water in a Saucer, and put in your muske and when you haue taken your Marmelade from the fire: immediately put in the saime Rose water and Muske, and stirre it together and Dore it.

D.

Clarifie

The VVidowes

A Whaye for Itche or brea-

king out.

Clarifie Whaye with the leaues of
corpe, Endiue, Bozage, of each an ounce,
of Sumatolie flowres, of Hoppes an vnce,
one fennell and Succorie Roote brused, of
great Raisons an vnce, let these be clarifi-
ed with a quantitie of Whay, drinke therof
euery morning a draught warme, five or
six mornings, then take a handfull of Hene
sodden in a Pot closely stopped from a pint
to a quarter of a pinte, with a fewe Ann-
seeds brused, then straine it and drinke it
in the morning fasting, and by and by a lit-
tle Aleburie, and some thinne broth.

Oyle of Mirbe healeth all hibes, Warts,
nings, Pimples, Clistes, about the fun-
dament.

Oyle of Tartare mingled with Cam-
pbire, the face being therewith annointed,
it maketh it fare and smoothe.

For a cut or sore Bruse.

Take rootes of Louage, Alehose, Parsie
Ana. ss. beate them in a moztar very fine,
then take Barrowes greace, and boile them
together, the straine forth the Juice; then
take as much balowrought ware as a Whay
nut

Treasure.

nut, halfe a smuch Rosen, and let them boile
together: and after you haue thus don let
it passe through a strainer into a little pan
of water; then let it stand untill it be colde
then labour it in your handes untill it be
some what shorte, and then wzappe it in a
Leather, and so vse it.

For a weake backe,

Take sixe croppes of redde Pepper, two
spoonefulles of Archangell floweres, and
shred them fine, and take two new layed
Egges and stirre it together, make three or
foure fritters with a morsell of sweet but-
ter, frye them in a little earthen panne and
let them be eaten without bread or salte,
but with fine Sugar.

The plaister for the backe.

Take white Archangell floweres, and lea-
ues, Chumphyre leaues and rootes, .i. 3.
Plantaine and bursa pastoris, Ana. i. 3. bea-
ten very fine, and put to them a spoonfull
of hony, and frye them in a frying panne
and divide it into foure partes, and make
of euery parte a plaister, and so laye it to the
patient's backe, euery night a plaister.

Canarin

D2.

Maister

The VVidowes

Maister Roses medicine against the
stone, and to cause one to
make water.

Take a newe laid egge and in the great
end thereof, make a hole and take out the
 yolke and white of it: and lay the hole of
the same egge downewardes vpon a hotte
brick stone vntill it be purged, so that you
may make powder thereof, then take it and
drinke it with white wine first in the mo-
rning and last in the evening, and it helps.
For the heat in the Reines, and to auoyd the
blistering of the mouth.

Take Licutwood, So:rell, Surozie,
Balme, Ana i 3. and seeth these in a quarte
of whay well clarified halfe an houre, and
drinke therof euery morning a good draught
of halfe a pynt at once.

For one that is deafe.

Take sweet Hallet Dyle, halfe a pound,
adde to it Wormwoode, So:rell, Anis
seedes, Perwinkle, Ana di. 3. and drye all
this to powder. Take powder of stone Ro-
ses, an ounce of Cologuintida being boyled
in Dyle a good while, then straine it through
a cloth a good while, and put thereto three
droppes into the eare of the patient that is
greened

Treasure.

græued being warme, and vse this euery
day twice: this hath bene proued.

Against the Pyles.

Take a great siluer Cele, flea him, draw
him, and let him touch no water nor sale,
cut him in gobbittes and rost him: the first
dropping being cast out, take the next drop-
ping, and with a fine linnen cloath being
dipped in it, the dropping of the Cele being
hotte, and so with the cloath soke it vpon the
places græued, this will helpe be they neuer
so soze.

For the passion of the harte.

Take redde Rose leanes, the powder of
Saffron, the Oyle of Mace, and melts them
together, quille the same in a litle thinnie
like, and draw it ouer with a litle thinnie
Cinet, and apply it to the region of the hart.

For the Itche.

Take twelue of the yellowest Docke
rootes, scrape them as you will scrape pars-
nipps, cut them small and stamp them ve-
rie fine, sette them ouer a Chafing dishe of
coales, and put therein halfe a dish of sweete
butter, and let them boyle together till
your rootes be readie to straine, and when
they

The VVidowes

they be thoroughly boyled straine them, and when you haue so done, put thereto a spon full of brymstone beaten to powder, then stirre them both together, and set them in a cold place, and it will be a salve, and so let the patient anoint his body before the fire, and let it soake into the skine, vse it morning and euening.

For a Fellon.

Take leauen very sowre, and crumme it into a little Dipkin, then take a quarter of a penny dishe of butter and seure spoonfulls of Rose Vineger leaues and all, and so boile altogether, and laye it to the place as hot as may be: this is proued.

To destroye a Impostume.

Take the Rootes of Hollihock and wash it very pure, seethe it till it be tender: then put that water y^e you sod it in, into a cleane vessell, then take Linseede, Fencgreeke of each the like quantitie: and looke that you haue asmuch of them both as of the roote, then seeth it in the same water, untill it doe rope as birdlyme, then scrape the rootes, and put thereto Barlymeale, then mingle altogether, and fry them with Bores grece and lay it to the soze plaster wise.

For

Treasure: I T

For the Rewme and Cough of many
moths (that) in the Lungs and small vessels

Take yong Elicompane rootes, a pound,
of Setrach, of mayden haire Ana, i. 3. all
being new gathered, scrape the Elicompane
rootes, and cut it into small styces: lecthe
them altogether, in fine pintes of running
water till they come to a pinte and a halfe,
then straine them, and put therto fine suger
thre quarters of a pounce, then boyle it till
it come vnto thre quarters of a pint, then
take two yolkes of newe laied eggs and beat
them, and let them boyle together while
you may say the Psalme Misere, and
take hereof at night a sponcfull, and ano-
ther in the morning, lying on their backs,
an houre after they haue receined it: and in
four dayes keeping them warme, it will
rid the greatestt cough that is.

For a Canker or disease of the Gummes
and of the Throat.

Take a handfull of Plantaine, a hand-
full of Hony suckles, an ounce of Basil
leaves, halfe a handfull of Sage, a quart
of running water, these thinges beeing
boyled therein untill it come to a pinte,
then strayne them, and put therein fyve
sponcfulls

The Widowes

Spoonfulls of sharpe Vineger, five spoone-
fulls of stone honye, as much Roch allom
as a Walnatte: this is p[ro]oued to heale a
Canker.

A Gargell for a furred mouth.

Take Early water, Strawberry leaues,
and sinkfoyle, Ana. di. 3. a sticke of Ligno-
rite, di. pinte of white Vineger, let it runne
through a two folde linnen cloath: it is good
for a furred mouth or th[ro]ate.

To heale the canker vpon the Yarde.

Take an ounce of Roch allom, and halfe
an ounce of Werdegreece, with Smuthe
water: and put all in some vessell of glasse
and seeth it two houres: straine it and vse
it as you thinke good.

Pillule Achphange, helpeth the sinking
of the month, being taken euery day nipped
betwixt your teeth.

For a stitche or winde Collicke.

Take Capillus veneris, Parslie rootes,
Fennell rootes. of each a quarter of an
ounce, bruse these herbes and drinke that
iuce with white Wine.

Haire to growe.

Acornes burnt and mixt with Beares
greace.

Against

Treasure.

Against Spottes and Pimples

in the Face.

Nigella brayed and mixed with floures
and Honie, and make thereof an ointment,
and annoynt therewith the spots at night,
and in the morning wash them with Pars-
lie water.

For a hot burning in the stomacke growne
of Choller, which causeth the

Fever.

Take Borrage, Hallowes, Fumitorie,
Violet leaves, Beetes, great Raisins, the
Stones taken out, Prunes, Polipody, with
a little Dill: seeth these in pottage, and eat
hereof.

For a saultem face.

Take the iuice of houseleke, and the iuice
of Lansie, and seethe them in a pinte of
white Wine to halfe a pinte, and when it
is colde, laye it to the face with a flaxen
cloth dipped in the same, and so let it lie all
night, and when it is drye, then you may
wet it so often as you list.

For an ache.

Take Oyle de Baye, and Aqua vitæ a
spoonefull, and mixe them together, and
annoint it.

For

The VVidowes

For heare in the face.

Take a pound of Almondes, a pinte of warme water, strayne them, then put ther to halfe an ounce of white Campher, a pint of white wine, beate them together, and straine it with a pinte of Pargercom water, and put it in a glasse, and washe therewith.

For the same.

Take Vineger halfe a pint, Deares suet as much as you can holde in your hand, Brimstone so much as will go into an egge being finely brused, seeth them all together till they be almost drie, being made in a ball, take a little thereof and put it into a Saucer, and melte it with a fewe Coales, then take a fine cloath and dip therein, and rub softly the place where the corruption is, untill it be taken away.

If this helpe not within a moneth, then drinke every morning a Cuppe of Beere, put into it fine English Radder finely picked, brused, and searced, and drinke it.

For the same.

Take Capons Greace, melt it and straine it through a cloath, and lette it stande to coole a quarter of an hower, then put in
Brim.

Treasure.

Hymsstone finely bzused, & mingle it with the Capons Greace, and annoynt the face therewith when you goe to bed where the pimples be or rednes, and in the Morning walhe it in Rosewater luke warme. Remember you picke not your nose: if you wil haue it stronger, put in Ginger finely beaten, a penyworth of each will serue, but of Capons greace two penyworth.

To vomit vp Choller.

Take fire Docke Notes cleane washed, and the pith taken out, a few toppes of Red Spints, and a little Wormewood beeing steeped in a quart of Ale, or white wine all night, and drinke thereof halfe a pinte at one draught: It is good to cleanse the body in all parts, as before is said, perhaps with a Stole or two, this is approued, beeing taken betwene March and June.

For a Fellon.

Take twelue Snailles in the garden, and beate them Shelles and all untill that it come to a salue, and apply it, and when it wateth drie take fresh Still, and it will kill, heale, and draw.

To

The VVidowes

To stop the whites in women.

Pomegranet Flowers, the kirknelles of
Pine apples brused together, with two or
three branches of S. Johns woort, being
boyled in a quart of red Wine from a quart
to a pint and a halfe: and drinke morning
and evening.

For the stuffing of the Lights
and Linges.

Take Arthemisia, Epithimum, red sage
Rosemarie toppes, red Fennell, of each a
handfull, a Calingale roote, halfe ʒ. of
greene Ginger, halfe ʒ. of Manus Christi, a
sticke of Liquorice, sceth it from a quart to
a pinte.

For the heate in the backe approued
by Doctor Huicke.

Take the water of Plantaine distilled, or
the iuice thereof put to the leaues, the
leaues of red Roses distilled, and the wa-
ter of red roses, and the water of red Rose
vineger, then put all these together in an
earthen pot, and put it into the water as
Linnen cloath, and the same keepe there:
then after a while take it out, and with a
fewe leaues of a redde Rose cake, lay it to
the backe, and when it wageth hotte, use
an

Treasure.

another cloth dipped therein.

To drie vp the Rewme.

Take Nutmegs, Cloues and Mace beaten to powder with the powder of rosemarie, boyle these together in sweete Ballet Oyle vntill it bee somewhat thicke: spread it vpon a cloth and laye it to the crowne of the head: this is approued to helpe it.

To keepe the eyes cleare, coole,
and from rednes, and to

kill the Itche.

Take of Plantaine two handfals, boyle like one handfull, wampe them and straine them, and let it settle, then powre out the cleare iuice from the drosse, put thereto halfe as much red Rose water, and a quarter of a sponesfull of white Sugar candie in powder, then take Lapis Caluminiaris a peere as big as your thombe, and stake it 12. times in the same water, and hereof put 4. drops morning and evening lying vpon your backe. Approued.

Against the Collicke and Stone in
manner of a plaister.

Take Parslie and Smiallage, Ana. two sponesfull of Capons Greace, put this in an earthen vessell, putting the one sponesfull in

The VVidowes

in the bottome, and the other in the top, upon the hearbs, set these on the Embers to boyle from mozne to night, then stampe them and straine them, and spred the ointment vpon a linnen cloth, and lay it hot to the Paucell and bottome of the belly.

A Clister to be giuen to a Childe or woman in child-bed.

Take a pint of new Milke, three ounces of redde Sugar Candie, boyle your Milke well; then take it off, and let it stand till it be no warmer then you can abyde it on your cheeke, and with a Clister pipe put it vp.

A Clister.

Take a Hen pullet, draw it very cleane, and breake all the bones thereof, then seeth it with a quart of Liquour, vntill that it come to a pinte, then take a handfull of Spyuage, one handfull of March Mallowes, or other Mallowes, and a handfull of Violet leaues, seeth these hearbes in the licour of the pullet very well, with as much salt as will season an Egge, then put there to a Saucer full of pure Sallet Oyle, and warme it.

To

Treasure.

To breake the stone.

Take a Cocke of a yeare olde, and open him, and you shall finde in his Baine small white stones, take them and beate them in a brasen mortar very fine, and put it in good white Wine, and drinke it, and it will breake the stone.

Against tooth-ach.

Take a little burnt roche Allome, and in the burning put a little fine Linte into it, and put into your teeth that is hollow, this will ease the paine.

A medicine to strengthen the backe.

Take a quart of good Ale, three or foure whole Haces, and as many Dates, the stones taken out, and pitb also; then take the tops of Rosemary a good handfull, and boyle all together from a quart to a pinte, then take the Skile of two or three new laid Eggs, and take off the rinde about the yolke, then put the yolke into the Ale, and boyle them together, and stirre them well, and so drinke it morning and evening.

For the heate in the backe.

Take Vng. frigidū Galeni; if you must take the oymtent and spread it vppon
fine

The VVidowes

fine Linnen cloth, being first dipped in red Rose water, then warme it against the fire and so lay it vpon the Kidneyes, and when it waret hote take it off, and lay it to another.

For the Collicke and Stone.

Take the Cuttinges of a Vine, and dye them thoroughly, when you will make your medicine, burne them, then take the Ashes that both come thereof, and put it into a pinte of Rhenish wine, or white wine, and let it stande in it all night, and in the morning drinke thereof: thus vsing the quantity of the vine to the quantity of the wine Probaturus est.

To staunch blood.

Take the best vineger that you can get, Plantaine water, of each two poundes: and therein wette diuers Linnen clothes, and lay them to the soales of the feete, the palmie of the hande, and against the Liner, and the blood shall forthwith staunch.

To take away spots from the face, and Sun-burnings.

Take the iuice of a Lemmon with a little Bay salte, washe your hands with it, and lette it drie, then wash them with conduct water,

Treasure.

water, and you shall finde all spots gone: it
is good against scurffe or suchlike.

Against stuffing of the Lungs.

Take and make a posset of Sacke and
Ale, with Anniseedes and Licorice beaten
to powder, and let it seeth with the Sacke,
put in it a good peece of Sugar, and Dreggs
if you have any, and drinke thereof every
morning, and it helpeth.

A water to wash the yard, for one that had
the running lately of the Reines.

Take Daffies, Plantaine leaves, and
woodbinde, of each three handfulls, of
the best English heyme, and a peece of
Roche allome as bigge as a wallnut, boyle
all these in a quart of faire water, with
a pottle quantitie of red Rose water in an
earthen pot close covered, so long as you
will seeth an egge untill it be harde, then
straine it: and with this water with your
searing, squirt it into the yarde, the water
beinge like warme, so that the pipe thereof
be put an inch or more, and spout it strong-
ly that the water may come behinde the
soe place, and so use it everye day three
times so, a monthes space.

C.

For

The VVidowes

For sinewes that be shrunke, in manner
of an oymment

Take twelue yong Swallowes out of the
nest: take also unles Tyme, the leaues and
strings of Strawberies, & Lavender Cot-
ten of each a handfull and stamp them toge-
ther, & the swallowes, with their feathers
guts and all: then stampe them in a mortar,
and so boyle it in Day Butter, & then let it
be put in an earthen pot, stopp'd close the
space of nine daies, then seeth it againe with
some more Day Butter, and straine it: and
when neede is chase it against the fire.

For sore eyes that smart or Iache.
Take Lapis Caluminiaris and make it hot
in the fire, quench it in a pinte of white
wine three or foure times: then take the
stone and stampe it to fine powder, & strain
the wine with the powder, and put it in a
glasse, and when you haue neede vse it. Re-
member to shake the glasse till it be thicke,
and with a feather drop two or three drops
in your eyes the party lying on his backe.

Against the Sciarica.
Take foure or five great Onions and rost
them verie soft, then pill & stampe them in a
mortar, and put thereto halfe a pint of Aqua
vica,

Treasures

vice, the spowfuls of Beats seete Oyle, and
bolle the together till it wax very thick, then
straine them, & therewith annoint the grasse,
chasing it in before the fire a quarter of an
houre evening & morning, then lay a wilde
Cats skin thereto: the hary side next your
flesh, & within 15 daies you shall haue ease.

An oyntment for Aches, bruses, Lamenes,
stitches, Gowtes, hardnes of the Splene, A-
gue, Cankers, and for payne

Take of Sage and Kew, of each a pound,
of wormewood and Baye leaues, of each
halfe a pounce, of Sheepes Welwet cleane
picked from the skin three pound, of stonke
oyle Oile a pottle, chop the hearbes, verie
small, and then stampe them as small as
may be, then shred the setwet very fine, and
put the all together, & then stampe them all
together untill the setwet be not seene: then
take it forth and put it into a faire Panne
and put the Oyle into the panne and couer
it close, and so let it stande for the space of
ten dayes: then take it forth and breake it
into a brasie panne, and set it on a soft fire,
and alwaies stirre it untill the hearbes bee

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cracking, then take it off & straine it through a wide canvas Cloth into a faire Earthen pot, and so keepe it. For those beheimentsches, when you shall laye of this ointment vpon it, you must take wolle that groweth betwene the Sheeps legges, or the longest of the wolle and carde it in broad flakes and balste it vpon a linnen cloth, and keepe that alwaies to it.

To cause one to pisse.

Take Hoxsedung of the stable, newe may butter and Aqua vitæ, of each like portions, frise them together and make thereof a plaister and applye it to the patient, from the Panell to the Fundament, as hot as you may suffer it, and feare not though it cause to make blood issue, for such is the working of the medicine: it causeth the Stone to enoyde, appoynded.

A soueraigne Medicine for an ache in the shoulder.

Take Figs & Raisons of the Sunn of each a like quantitie, & halfe as much Mustard seede, and beate them very small, grinde them with the best Vineger in a payre of Mustard Quernes, that done spread it vpon a Lambes skin, and lay it to the ache.

To

Treasure.

To staunch blood at the nose.

Take an Egge and bzeake it and put out the meate, then receive so much blood as will fill the shell, of the partie bleeding: that done, sette the same in the fire, untill it be hard, then burne the same to ashes, and it will staunce the bleeding.

Idem.

Take an Inckell & bind the person so bleeding about the temples of the head and knit the knot therof in the neck, & it stauncheth.

For an Ague.

Take three pintes of Ale, an ounce of red sage, the like quantity of Bay leaves, three ounces of fine suger, with a spoonefull of peper, seeth all these together in the ale untill it be sodden to a pinte, then straine it through a faire cloth and drinke this before the fit cometh.

To binde to the handes, being parcell of the same Medicine.

Take as much greene glasse as will fill a spoone, being beaten to powder, take three spoonefulls of stone honye, with a handfull of redde sage: mingle these with a head of garliche, putting thereto as many Cobwebbes as will temper the same.

being

The VVidowes

beeing an egge shell full, then take them all together, and vse this a quarter of an houre before the fitte: this must be vled round about the wyells.

For one that consumeth, to be eaten in the morning.

Take a new laid egge let it be rear rosted and put therto a cake of Manus Christi and let it dissolve in it: and eate the same evening and morning.

For a colde stomacke.

Take a new laid egge beeing rear rosted, and put thereto a prettie quantity of grosse Pepper: let him eate it next his hart, to dissolve cold humors.

For the swelling of the heart, and breaking of flegme,

Take a quarter of a pinte of Damask Rose-water, three spoonefulls of white Wine, with a selve soppes of white bread, a prettie quantitie of Butter and Sugar, this beeing boyled vpon a chafin dish of coales, let the partie eate thereof three or foure spoonefulls, after meat.

Take a small quantitie of malmeffe, butter, and Vineger of Roses, boyle them in a chaffindish, and put thereto a rose rake to

beat

Treasure.

beat in it untill it be thorough soaked, and lay
it to the stomacke, & let the party be rolled.

Against an Ague, the plague, and good
to comfort nature.

Take a pinte of Malmeie, and a handfull
of Maye Weede bruised, and the Juice ther
of put into Malmeie, and let the party
drinke thereof.

For the winde Collick,

Take of Sack and Aquavite, of each a
quarter of an ounce, put thereto a pece of
Suger, and let the party drinke thereof.

To scoure the inward partes, and for the
rising of the Lungs.

Take a pinte of Sack & burne it, so, to be
lay the beate therof, put therein a pound
of Treacle, a little Ginger, a Nutmeg gra
ted, Cinamon a good quantity with Suger,
and after it is boyled put thereto a pint
of Sallet oyle, and drinke thereof morning
and evening: it will cleanse the body.

For an Ague.

Take a pretty quantity of Daffadonellies
the blades, and bruse them, and seeth them
in a pinte of Ale or wine, with a spoonfull
of Graines bruised: let the party drinke ther
of before his fit come.

The VVidowes

For one that is deafe.

Take a red Onion and cut out the Core
being in the midst thereof, putting there
in the Oyle of rosted Almondes, the Onion
being some thing warme: the next morning
when it is colde, let the party griened ease
one to droppe three dropes thereof in the
eare of the party in the morning or eve-
ning, stopping his eare with blake wooll
that groweth under the sheepes eare: and
let him lye on the same side.

Idem.

Take ground Iuy the iuice thereof & white
Copperis being burnt, and lay the same in
the iuice of the Iuy till it be dissolved, and
let the party droppe morning and evening.

For the bloody Flix.

Take Jordan Almonds and blanch them
and let them boyle in English honye till
they be blacke, and seate them with a lit-
tle of the best english honye.

Amber Beades beaten to powder and
put into a chaffindish of coles: the party
griened must sit over them as he would ease
himselfe.

An excellent Medicine for the
greene sickness.

Take

Treasure.

Take a gallon of morning Milke after it
be sieved creame and all, take also a breast
of the yongest Weale, & the fattest you can
get, and wash it faire, and bye it with a
cloth, so that no water remaine in it, bruse
the same bones and all, and put it into the
milke, take twelve Dates or moe and cut
them in the middell, and take also a quarter
of an ounce of whole Pease, and half a pound
of Currans, two handfulls of mints, a hand-
full of wilde Time, and put all these into
the Milke with the Weale, and let the liquoz
sath untill it be halfe consumed in seething,
and when it is well sodden it will be as a
Jelly: when it is colde the patient may ei-
ther drinke it beeing warme, as a broth, or
may be eaten as Jelly being colde. If the
patientes stomacke will beare it, make a
toste of wheaten bread, & soake it in Salmi-
se, and strew upon it the powder of mints,
the party must vse this five or sixe weekes,
or as long as you think good beeing towards
Spring time, with some exercise.

To promoke Vrine speedily.

Take wood Betonie both rootes and
leaves. washe them, and put them to drye
in a Shie in an Oute where bycune beas
bath

The VVidowes

hath bene netoly d2awen, the halfe a spoon
full of this powder in white wine potte
drinke, potage or in your drinke.

For heate in the Liver.

Take a quart of strawberries, wild tansie,
three pintes of newe Milke, still all
these together, and drinke it in the morning
next your hart, and wash your face there
with.

To preserve nature, to cate a
mornings.

The yolke of an Egge with Manus Christi.

To make a Clister.

Take a fatte Shheps head, or a Capon, a
handfull of Beetes, a handfull of Gallows,
a handfull of Violets, and if the patient be
hot, take three spoonfulls of oyle of Roles,
if colde: take the like quantitie of oyle of
violets, boyle all these together untill it
come to a pinte, then straine it, and let the
patient drinke.

For one that is weake, and to comfort
the stomacke.

Take a pinte of Hacke and burne it with
a top or two of vnset Wylope and Rosemary,
take three Dates beaten in a myxer to pay,
and let it burne with the wine, also with
a newe

Treasure.

a newe laide Egge beaten, a spoonefull of
Damaske Rose-water, and a spoonefull of
Sallet oyle, drinke this in a morning first;
and at night last.

Palmette burnt with a halfe penworth
of saffron, being dized to powder, with sal-
let oyle and Triacle, of each a halfe pen-
worth. Use it morning and euening.

Idem.

Pettie seedes dized and beaten to pow-
der and drunke with Palmette euery Mo-
ning.

To restore nature, and helpeth a
weake backe.

Take a quart of Sacke, a top of Roses
marye, Winter Buttozie, Penhiroyall of
each a like: as much ginger and nutmegs
as will burne the wine. When take a newe
laide Egge or two, yolks and all, and beate
it with three spoonefulls of red Rose-water;
and put thereto a peice of Sugar, then take
the burnt Sacke, and burne it with the
Egge a good while, and put in it a Pece,
and it will be in manner of a Capde, to
be drinke of this warme three times a day,
morning, after dinner, and when you goe
to bed, put therein some Sallet Oyle.

To

The VVidowes

To stay running of the reines.

Take a pint of milke, and a good quantitie of oatmeale, being wel byused, and stir it with the milke, and put therein a good peece of sugar, and eate the milke therof being strained.

A precious oynment or oyle, for swelling or aking in feete, legs, or in knees, taken with colde, being excellent to heale a wound or old bruse, and shrinking of the sinewes, also it is very good for all sores, or aches, whatsoeuer.

Take a gallon or a pottle of the best salet Oyle, then take Sage, Lavender, Southernwoode, Willowewood, a quantitie of Camomell, after the quantitie of the oyle, and cut the herbs small, then put them in the oyle in a faire bason of Laton or other mettall, and stirre it well together: and put in so many beards that it may be thicke standing, and so let them stand & rot a moneth full, then make a faire fire of coales, and putting to a quantitie of the same oyle, sett it on the fire in the same bason, and let it boile then betwixen by more. When take it from the fire, let it fry, and when it is well warme,

Treasure.

warne or somewhat hotter, then take a
bagge of great Canvas, and with a staffe
straine out all the matter as cleane as you
maye, and then put it in a glasse or other
saie thing, and keepe it well closed, and it
will continue in his vertue twenty yeres
after. Probarum est.

For stewed Mutton.

Put your Mutton into a pot with saie
water, & let it seeth and scum it saie the pot
in salt, make not too much bzoath, then take
Bisop, Lime and Parsly, and chop them
small and put them into the pot with a little
Pepper: & serue it out with sops, and if it
be in Winter put in some Carret roots.

To dresse a Haire or Conny in brook with
a pudding in their bellies.

Pour Ware or Connye beinge sliced,
and the eares left on, let it be washed in
two waters, having before prepared in a
readines, grated bread, Currans, sweete
Mutton seiwet or barse seiwet finely minced
with pleasant and wholesome Hearbes, as
Winter sawery and Peniriall, with sweete
Margerum, these also beie finely chopped
and seasoned with pepper and salt, cloves
and Mace, the yolkes of thre eggs, with
sweets

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Sweete Creame and Sugar, with three Dates, all these mingled together, put into the belly of the Hare or Conye, and to some it bp. Then take Mutton broth of the best & fattest, put it in such a Kettle where your Hare may lye compasse, or Cony long waies: after it hath boyled a little put it in, and put thereto Grapes or Gooseberries, sweete Butter, Salte, Merinice, Currans, grated bread and sugar, and when it is boyled serue it forth with sops.

Mutton.

Put your Mutton in a pot with faire water, and let it be well scummed, then take some tostes of Bread & tolle them browne, and then cast them into colde wafer, but take them bp againe quickly: and let them lye and dry a while, then straine them with wine and vinegar, and so put it into the pot and let it boyle: Put in some pepper, whole Cloues and Sinamon, and let all this be well stewed, but forget not Salte. Serue it out upon sops, and boyle some Mutton in it cut into peeces. And likewise this will serue for Wenison, Ballards and Teales.

To boyle

Treasure.

To boyle chickens with Endive and Suck-
ing or Lettice, or any other colde
hearbes.

Prepare a Loine or a rack of good Sputton
with a marrow bone or two, & being chop-
ped, put it in a Dipkin with faire water a-
bove the fire, & let them seeth a pretty while
together, then take halfe of it out of the Dip-
kin, and straine it with a strainer, then put
in your Chickens afterwards having pre-
pared your colde hearbs cleane washed put
them in. Also having steeped your white
bread ready to straine through a strainer,
let your Broth be there with thickned. So
take Pepper, salt Wergis and Sedge, and
season your broth: then upon Soppes serve
it smoth with the marrowe upon it.

For small Lampernes.

Let your Lampernes be cut in small
pieces, then take a frying panne with But-
ter and Onions minced, and so frye them
together. And when they bee well fryed
put them in a pottle, then take two tostes
of browne breade and toste them well,
then straine them with a quantitie of Vi-
neger, Wine and Water: and put thereto a
little Pepper, and Cloues and Maces, and
boile

The VVidowes

boyle all this togeather with your Lamp-
pernes, vpon the coles, and so serue the out
with soppes.

To poche egges in broth.

Take Wergis and faire water, and a dish
of newe Pell: and put therein Cloues
Mace, Currans, Sugar, Sweete Butter, a
handfull of Spinage, and let them boyle a
good while: then hauing poched your egges
in faire water that is seething, then laye
your egges in broth, and serue them sooth
with herbs laied ouer them.

To bake Breme, Troat, Mullet, Pike

or any fishe,

Let them be well seasoned with cloues
and mace, salt and pepper, and so bake them
with small currans, Wergis and butter,
great raisons and prunes.

For soppes on the fishe daies.

Take some Onions and frye them with
Butter a while: then take water Peppet
and salte, and put all togeather into a pot
with the Butter and Onions, and let them
simper vpon the fire. And so serue them
out vpon soppes, and cast a few small ray-
fins vpon the soppes, and put the broth vpon
them.

For

Treasure.

For Spinage.

Take Spinage & wash it wel. then lay it
vpon a boorde and giue it fine or sixe chops
with a knife, then put it into a frying pan
with a little faire water & seeth it well. then
take butter, bergis and salt, and put it to the
Spinage, & so boile it together in a pot or be-
tweene two platters and so serue them out
with sops.

Sodde Egges.

Seeth your Eggs almost hard, then peele
them and cut them in quarters then take a
little butter in a frying pan, and melte it a
little browne, then put to it in the pan a lit-
tle vineger, mustard, pepper and salte, and
then put it into a platter vpon your Egges.

For Oxe tongues boyled.

When your Oxe tungs be boyled take the
and peel them, then cut them ouer thewart in
small peeces, then frie them with butter, and
put them in a pot with tostes strained with
wine vineger & water & let them boile: put
thereto salt, onions quartered, pepper, sinamō
and whole lones, & so serue them with sops.

Spinage.

Take Spinage and perboile it well then
winge the lyquour cleane from it, then
chop

The VVidowes

chop it very small, and put it into a platter and bzeake some Egges into it: then take a handfull of grated bread and put into it, and sugar with a little salte, and beate all these together, but let it not be too thick nor too thinne, but better thicke then thinne: then take a frying pan with some Butter, and when the butter is a little more then melted, take a spoone and lay your Spinage in the frying pan every spoonfull by it selfe, and so frye it as you would frye Fritters, and put it in a dish and cast sugar on it.

For Egges.

Take some Egges and beat them well with a little faire water and salte: then take a frying pan and melt your butter and then put in your Egges, then take a knife and lift vp the Egges that the rawe maye goe all to the botome of the pan, then turne it vp with your knife on euerye side that it may be square, then lay a dish vpon the pan and turne the pan vpside downe vpon the dish, and so serue in your Egges with Vergus or Wineger, which you will.

A drench to plume vp a Horse, and to expell colde, to cleare him of the glaunders and to open the pipes.

Take

Treasure.

Take ground Willis alias Grounsell,
Enula Campana of each a handfull, stamp
them and straine them in Ale, seethe them
altogether: then take of Fenicreke, of Tur-
mericke, Anniseeds, of Cumminseeds, of
Garlicke, of long Pepper, of Licozice, of
graines, and if he haue the bots or worms
giue him Sauin. Giue him this drink luke
warne a quart at a time, then ride him till
he be hot, then bring him into the stable and
litter him well, and cozie him till he be tho-
rowe colde, then let him stand after vpon
the bitte, and turne him to grasse.

To a Horse that hath eaten a Feather,
giue a branch or two of Sauin drie.

A drench for a Cough.

A quarte of vineger, Fenicreke a penny-
worth, Turmericke i. d. Enula Campana
i. d. long pepper i. d. barberies i. d. licozice
y. d. foure Egges, Anniseeds, lay the eggs
in Wine all night, and after in these drugs
beaten, and so giue it the beast.

To make a good powder to giue a Horse in
his prouender, or to giue him to drinke for
his cough, and other diseases.

Take of Licozice i. d. cut it in peeces,
and beate it into powder, then take An-
niseeds

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miseds i.d. of graincs i.d. of Tarmenick i.d.
of Fenecreke i.d. one Nutmeg, halfe a pint
of Dyle Oliffe and a quart of milke.

To cause a horse to haue a
good hoofe.

Take Cotwe dung or Dre dung, & let it be
mingled with strong vinegar, & in the eve-
ning apply it being made very hot vpon his
foete and wzap vpon the hoofe a peece of lea-
ther or some old rags to keep in the heat, and
within two dressings it shall be remedied.
For a Horse that is stung with an Adder or
Snake, a present remedie.

Take thre handfulls of Sanicle (it is a
wede commonly knowne) and stampe it,
and put it in new Milke, and with a horne
drinck him. Or take hony and salte, and y.
Onions, then stamp them and applye it to
the soze place, and drinck him with this com-
position as followeth: Wine a quarte, and
put into it whife pepper, Hearb grace and
Time, with a little Triacle.

And if he be prickt with a nayle, this is
a sure remedie, search well to finde out
the naile, his hoofe beeing cleane pared,
specially the corrupted place or hole where
the naile had festred, then take Rosin and
war

Treasure.

to fill the same place, and with an hot
iron let stone pitch be melted vpon it, & lay
thereupon some cotton, then being wel shed
again you may trauell him at your plesure

If your horse by hap drink a horsearch he is
in great danger: so by their sucking they
will kill him, but presently take sweet Mile &
poure into his mouth y quantity of a quar-
ter of a pint, & it will destroy them quickly.

If your horse swallow downe hens dung
in his Hape it will so fret his guts, that he
will boyde at his fundament, very foule
excrements, which beeing perceiued make
him a drench with Parsly seede, Smallage
seede, Honye and Wine, and walke him at
least after it two houres.

If your horse haue the Boffes, giue him
euery Morning two handfulls of Carimo-
nye without any other meate in his racke,
till sixe howres after, and within foure or
fue dayes it shall destroy them.

If your Horse be Loufie about the eares,
necke or taile, or any other part of his bo-
dy take a pound of the best sope you can get,
and halfe a pound of quicksilver mortified
with Aqua vix, and with this oyntment
you shall destroy them.

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If he cannot pisse, giue him a quarte of Chalke water somewhat warme, if broken winded, take Longwoozte dyed, or Dwarle Gentian, and mingle it with his water that he drinketh till he mend.

If hee bee scabbie, let him be let blood, and after ward with this oyntment let him be annoynted where the scabs are. Take soote of the Chimney, softe Sope, the iuice of Hemlockes and vineger, Quicksilver, liquid pitch and Honye, and mingle them till they come to be an Oyntement. Kill the Mercurie with fasting spittle.

If his backe be galled, take the powder of two olde shooes being burnt, with a prettie quantity of butter molten, and powze it vpon your horse backe very hot, after that put the powder thereon. This is approued.

An excellent medicine for a sore horse back, if he be neuer so sore brused, if there be a

Fistula it healeth it, or any
dead flesh,

Take a quantity of Allome and burne it, and also take a handfull or moze of Barlye and burne it, and take the powder thereof and mire it with the roche Allome, being bothe mingled together: powze it
vpon

Treasure.

upon the soze morning and enening, but if the soze be corrupte and full of dead fleshe, then vse moze of the roche Allome, then of the powder of Barlye: and when it beginneth to heale, vse them both together, but moze of the Barlye then of the Allom: this is a most excellent remedie. If you haue no Allom presently, let him take a good quantity of butter and Mergis, and put it vpon the fire, and make it very hot, and so powze it vpon the soze morning and enening, laying a little Hage and a cloath, binde it close all night. If the horse be pinched & swolne: then keepe it warme and dip a pad of Hage in water, and laye it vpon it, and keepe the saddle or somewhat els vpon it all night, and it will delay the swelling. *Proved.*

A present remedie for the

Cow-flixe.

Take a pottle or gallon of faire water, and put therein so many Hedge does as will suffice to be steeped in the saide water and set it ouer the fier to seeth, and there with mingle the powder of Chalke Eggs: which you may haue at the Brele, because it is the best and finest in medicine: & giue it your Cattell.

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For faint Cattell as well Cowe, Oxe,
Bull or Steere.

Onely Wergis is the remedie given them
to drinke, and presentlie turned to good
pasture.

Or els thus : take for every one a pinte
of Wergis, and put thereto a little handfull
of Baye salte, and therewith rubbe their
tongues, and after wards let them drinke the
rest, as we haue befoze declared.

Sometimes also by euill feeding or buy-
sing, their teeth are so loose that they feede
not, which you shall remedie thus. Take
the taylor of the Beaste thus diseased, and
with your hand feele for soft places, which
being found, slit it along and binde it wpa-
gain with scote and garlick mingled toge-
ther, and it helpeth presently.

But the moste perfectest Medicine that
may be given, is to haue this speaciall care,
that they want no water.

An excellent drench to be given to Cattell,
either at the Spring time, or fall
of the lease.

Take hard scote that commonlie is vpon
the poste of a house or rooffe where the
smoake hath his issue, which being beaten
into

Treasure.

into powder with Baye salte, seeke the same in running wafer and giue it them to drinke, ranck Juie with the softe and salte and when the Juie is softe, wringe out the iuice, and straine it thzough a strainer, and let your cattell drinke thereof blood warme. Often proued.

¶ If they be hidebound, take the leanes of flowze deluce, straine them and let them drinke the iuice thereof. It is approued.

¶ If they be swolne of the taint, giue them to drinke presentlie mans Urine mingled with salt and Treacle. Approued.

¶ If your cattell viz. Horses, milche kine, or Oren happen to be bzused or wounded by any misfortune, presently giue them to drinke the iuice of Sanicle, and also applie the hearbe to the outward part where the græse may happen. Comphye of the same vertue: especially for a fall, squat or bzuse.

¶ Snacles stamped with sowze leauen and Comphye, and applie it to any parte of the beast that is pricked with a thorne, it will draw it forth soone.

For Cattell that are sicke or hurt.

¶ The blode of a Grape mixed with Salt, and instilled into the hoznes of beasts is approued

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proved, so3 to preserve the from the Murren

If you suspect them to be infected, apply to their nostrills the hearbe Peniroyall somewhat bzused.

Do cut the beast in some parte, and put into the wound powder of black Helboze, which is of this singular vertue to draw out to it any poysoned humour and it yeldeth present remedy.

A soueraine drinke for all manner of Cattell that you suspect to be Lung sicke.

Take me the hearb that is called Cow slippe or Lungwort, it groweth vnder euery hedge, and stampe it: and put thereto Fenegreke and mader with good Ale, and with a horne or pretty Tunnell Drench eyther your horse, ore, Cow or Swine, and it shall yelde present remedy if there be any disease in the Lungs.

Duarfe Gentian of some called Rock Gillofer, small chopte and giuen to Swine and all other Cattell: it preserveth them wonderfully from the Murren, and all such contagious diseases, as happen to Cattell in corrupt times.

The bitter Wetch is most profitable to be giuen to oren or other kine, that you are desirous

Treasure.

desirous to haue some fattened.

The water which standeth in the hol-
lowes of Beeches, both perfectlie cure the
naughty scurfe and wilde Letters, or scabs
of men, horses, kine, and sheepe, if they be
washed there withall.

The leaues of blacke Elder are very good
fodder and feeding for kine, and causeth
them to yeld store of milke.

Wicktimber or Spindletree is hurtfull
for all Cattell, especially Goates, for it kil-
leth them if they purge not presentlie up-
wards and downwards.

Hogs & Swine are very quick of hearing,
and are giuen much to sleepe, and will eat
their own Wigs, & feede vpon vile Carrion:
which causeth in them many diseases, as
Botch, Bile, and soze thyoate. But the best
remedy that I know is to let them blood vn-
der the tongue, & to giue them Gadder with
Pances, called hearb Trinitie, sod in whay,
and it shall heale them presently.

Most pretious and approued drenches for
all cattell, but specially kine & oxen.

Take two handfulls of Lungwoxe of
both kindes, of Kewe, of the inner rind of
elder, these being small chopt, let it be put in
a gallon

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a gallon of good Ale, which beeing set oder the fire in a skillet, let it seeth till a quart be consumed, then stirring it, put thereto of long pepper, of graines, of liquozice, of Anisēdes, of Cominsēde, of turmericke, of each an unce: of madder a quarter of a pounce, and while these seeth, take me a great boule dish, and put therein a handfull of Bay salt halfe a handfull of Garlick, thre or foure newe laid egges shells and all: two balles of Dylament, grind all these things with a pestell in the boule, then take the liquoz aforesaide frō the fire till it be halfe colde, and put the warme liquoz into the boule, with the Garlick, salte, egges, and Dylament, brew them together well, and let beastes drinke of this blood warme.

Often times by many occasions, Dren will pisse blood, which may be holpen thus. Take two unces of hyem. seades two unces of pepper, thre ounces of red Phasioli made all in powder, and mingle it with a pottle of white wine, and when you giue it them, stir it well together, & drench them twice or thrice a day
To knowe An other excellent drench.

Take Bay berries a handfull, of Cominsēdes two unces, a handfull of madder, a
boule

Treasure.

bole of ozlamente, of Fenegreake, Turmericke and Treacle, of each an ounce, of Antiseedes & graines, of each two ounces, these being well ponned, put them into a gallon of good Ale, and set them ouer the fire till they be blood warme, and suffer not your beastes to drinke till none in the sommer, and in the winter not till night.

The vertue of Angelica

or Healeall.

If any person be sodenly infected with the pestilence, seuer, or immoderat sweat, let him take this Rote in powder the waight of a groat, and put thereto a dram of Treacle, & then compound them with foure spoonfuls of the water of the said Rote, & then after he hath drunk: let him lie & sweat fasting for the space of foure hours. It is aproued.

The rote steeped in Vineger and smelt vnto: and the same Vineger sometimes drunk fasting, is an excellent preseruative.

The rote and water thereof is excellent against all inwarde diseases, it scoereth the gatherings of a pluresie when it beginneth: It helpeth corrupted Lungen, good against the Collick, strangurie, and prouoketh tearmes, menstruell in women, helpeth

The VVidowes

peth inflammations, and swellings. The iuice of the roote allwageth the paine of the teeth being put into it, & worketh excellently against the paine in the eyes, the iuice of the roote dropped into the eye quickneth the sight, and purgeth it from all filth & the water, or poudre, of leafe or roote, hath an excellent vertue for healing of rotten Ulcers, and cankerous sores, so that it clenseth them and conereth the bone with good flesh.

The hearbe Carduus benedictus, or blessed Whiskell, is moste excellent against the head ache, being eaten or drunke it is good against the giddines of the head, and comforteth the memoꝝ, and restoreth hearing: the leafe, iuice, seebe and water, healeth all kinde of poyson: for the water hath healed a woman whose bzeaste was eaten with a canker in the very ribs.

Balme sodden in white wine, and drunke three or foure mornings together purgeth the bzeast, helpeth the shoꝛte winded, comforteth the hart, driueth away dumpishe heavines, helpeth the falling sickness, and all other diseases. If you will distill Balme, chop the hearbe small and steape it in white wine a night: it is of soueraine vertue,
for

Treasure.

for it deliuereth women from their panges
and grieke of the mother: also it cureth the
paines of the hart, it restozeth the memozy,
and causeth sweete and pleasant sleepe.

Betony hath the like vertues, it is of so-
ueraine vertus to breake winde, and com-
forteth a weake stomacke, either the hearb
or flowze boiled, or the water distilled, the
drie hearbe in powder woorketh all the ef-
fects, and then alone or with hony, women
that are troubled with the mother let them
use it: to be shoit, the leafe, flowze, or roote
of Betony sodden or drunk in conserue, Co-
lectuary, Syrop, potion or powder, is sin-
gular for all diseases of the stomack, Liver
Splene, Kidneys or bladder. It fretteth the
Matrix from obstructiō, and draweth from
thence all hurtfull moistrures, for consump-
tion of the Lungen, Coughes, dropsies, con-
tinuall feauers comming from the sto-
mack: boile the leaues, and flowzes of Be-
tony in honyed water, and you shall haue
present remedy.

To drie and heale vp all sores.

Take of common Sallet Oyle a pounde,
of Cerue foure ounces, of Vitarge three
ounce s,

The VVidowes

ounces, Mirrhe halfe an ounce, make these
like a sere cloth which is made of Waxe.

Approued against the plague.

Take Aqua vitæ thre ounces, rose water
an ounce and a halfe, wherein lay in steeps
thre dragmes of Cinamon, yelloe saunders
one dragme: strain it throghe an haren
strainer, and sweeten it with conserve of
Roses, then take an ounce thereof euery
morning either in a spoone or vpon a Loafe
of bread.

FINIS.

*A Booke of
Cookerie
1620.*

*1037. e
3*

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